



## SOCIAL MEDIA AND COMPARISON CULTURE

### **SPECIAL REPORT: Social Media & Comparison Culture**

*"In today's digital age, comparison has become the norm - with constant exposure to curated lives and unrealistic standards, it's no wonder so many young people feel they are falling short."*

Dr Emma Woodward

For more information click on the video below.



**Mrs Jacoline Petersen**  
*Director of Student Counselling*

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